



Tanning Beds

It is a common myth that tanning beds do not cause as much harm to the body as exposure to direct sunlight.

The fact is that indoor tanning is just as harmful as tanning outdoors. Exposure to ultraviolet A and B radiation can cause many health risks that people need to be aware of before making the choice to tan indoors. Some tanning beds can expose you to five times as much radiation as the sun. This is why using indoor tanning beds should be avoided.

HEALTH RISKS

Sunburn

Redness of the skin is caused by overexposure to UV radiation.

Eye Damage

Over exposure to UV radiation can cause temporary but painful eye conditions known as photokeratitis and photoconjunctivitis. Overexposure is also linked to development of cataracts (a clouding over of the lens of the eye) that can lead to blindness.

Skin Aging

The skin ages more quickly when over exposed to UV radiation. Skin wrinkling and hardening are also common side effects of overexposure.

Skin Cancer

Your risk of developing skin cancer is greater with increased exposure to UV radiation.

Weakened Immune System

Exposure to UV radiation has been proven to weaken the immune system. This may affect your body's ability to defend against serious illness.

You are at a greater risk of skin damage from using indoor tanning beds if you:

- Have had skin cancer.
- Are under 18.
- Are fair skinned, have freckles or moles.
- Have a family history of skin cancer.
- Use medications that increase your sensitivity to UV.

Tanning Tip

To achieve a great tan without the damaging effects, try artificial tanning creams. Be sure that the cream is CDA approved.

If you are still planning on using artificial tanning methods, use the following guidelines to reduce your risk of skin damage:

- Wear protective goggles that block out UV light.
- Ask for information about the tanning bed before you use it.
- Learn how to properly use the tanning bed before you tan.
- Be aware that some cosmetics and lotions increase sensitivity to UVR.
- If you experience skin discomfort such as itching or burning, stop using the tanning bed and see a doctor.



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